

MILWAUKEE COUNTY SENIOR DINING



UNITED COMMUNITY CENTER
730 W. WASHINGTON STREET

FOR CURBSIDE PICK-UP

MARCH



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 414-649-2807	1 Roast Pork Puerto Rican Rice Green Beans & Corn Dinner Roll Pear Slices	2 Cheese Enchilada Mexican Rice Mexican Beans Lettuce & Tomato Salad w/Lime Wedge Honeydew Melon	3 Chicken Stew w/Carrots & Potatoes Brown Rice Lettuce & Tomato Salad w/Dressing Whole Grain Bread Crushed Pineapple	4 Broccoli Soup Crackers Stuffed Baked Potato w/Spinach Dip Shredded Lettuce Chopped Tomato Clementine
7 Pollo en Salsa Mexicano Brown Rice Mixed Vegetables Wheat Tortilla Chocolate Pudding	8 Ground Beef Picadillo Mexican Rice Mexican Beans Whole Wheat Tortilla Oatmeal Raisin Cookie	9 Oven-Baked Chicken Breast Mashed Potatoes Sweet Corn Kaiser Roll Banana	10 Pork a la Jardinera <i>(Pork with Vegetables)</i> Brown Rice Lettuce & Tomato Salad Dinner Roll Fruit Cocktail	11 Tuna Salad Kaiser Roll Mixed Lettuce Salad w/Tomatoes Potato Salad Sliced Peaches
14 Chimichanga w/Beans & Cheese Mexican Corn Rice Apple Pie 	15 Oven-Fried Chicken Macaroni & Cheese Seasoned Green Beans Corn Muffin Mandarin Oranges	16 Steak Ranchero White Rice Lettuce & Tomato Salad w/Dressing Tortilla Fresh Orange	17 Spaghetti & Meatballs w/Marinara Sauce Italian Vegetables Breadstick Tropical Fruit	18 Lentil Soup Bean Tostada Lettuce & Tomato Shredded Cheese Mexican Rice Medium Hot Sauce Clementine
21 Barbacoa Mexican Rice Mexican Beans Whole Wheat Tortilla Plum	22 Vegetable Soup w/Crackers Mexican Lasagna <i>(Tortilla Layers)</i> w/Zucchini & Corn Pineapple Tidbits	23 Arroz con Pollo Beans (Habichuelas) Broccoli & Cauliflower Wheat Bread Banana	24 Pork w/Zucchini Brown Rice Mixed Vegetables Whole Grain Bread Applesauce	25 Cheese Roll w/Marinara Sauce California Vegetables Spinach Salad Garlic Bread Grapes
28 Pollo al Horno Oven-Browned Potatoes Mixed Vegetable Salad w/Mayo Dinner Roll Sliced Cinnamon Apples	29 Enchiladas Suizas w/Salsa Verde Mexican Rice Carrots Lettuce & Tomato Chilled Peaches	30 Sopa de Fideos con Pollo <i>(Chicken Noodle Soup)</i> Broccoli & Cauliflower w/Cheddar Sauce Whole Grain Bread Fresh Orange	31 Soft Beef Taco Mexican Rice Mexican Beans Lettuce, Tomato Shredded Cheese Vanilla Pudding	Suggested Contribution \$3.00 60+   Find us on Facebook

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Can Processed Food Be Healthy?



There are a lot of conflicting messages about what processed food is.

Most of the food we eat today has been processed in some way, from salad mix to frozen dinners. Some processed foods have ingredients added, some are fortified to add nutrients, some are prepared for convenience, and some are packaged to last longer or for food safety. Even foods labeled "natural" or "organic" can be processed.

More people are paying attention to processed food.

74% of consumers prefer less sodium in processed foods.

Almost **50%** of consumers have tried to eat fewer processed foods.



What do you need to know?



Minimally processed foods have been manipulated (cut, cooked, packaged) in some way.



Some foods are processed with ingredients typically used in cooking, such as salt or sugar.



Highly processed foods are manufactured with ingredients that are not typically used in cooking.

1 Choose healthier processed foods.

By one recent estimate **highly processed foods** contribute

50% of the calories & 90% of added sugars in the American diet

It's important to:

- Read food labels.
- Look for the **Heart-Check mark** on packaged foods.
- Make healthier choices when eating out.



2 Seek healthier alternatives to highly processed foods.



Cook more meals at home.



Swap highly processed foods with less processed options.



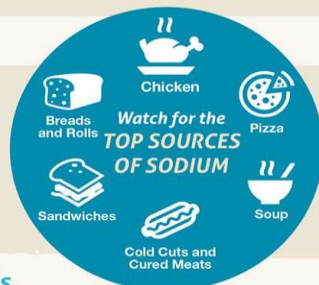
Try fruits and vegetables from the produce aisle, the farmer's market, or your own garden.

3 Watch out for sneaky sodium.

Extensive research has shown that too much sodium is related to high blood pressure, a primary risk factor for heart disease and stroke.

Shake your sodium habit.

Most of the sodium we eat comes from **PROCESSED, PREPACKAGED, AND RESTAURANT FOODS, NOT THE SALT SHAKER.**



4 Take your food into your own hands.



American Heart Association advocates have written **more than 29,000 letters to the food companies and restaurants** that provide processed foods, asking that healthier options be made available.

You can too! Join our growing community, take action, get helpful tips and #BreakUpWithSalt today by visiting heart.org/sodium.

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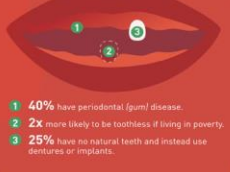
eat right Academy of Nutrition and Dietetics

NUTRITION & ORAL HEALTH: THE ROOT OF IT ALL

Registered dietitians at the Academy of Nutrition and Dietetics recognize a link between mouth health and nutrition. Oral infectious diseases, as well as acute, chronic and terminal illnesses with oral symptoms can impact not only our ability to consume food properly, but also our health and nutrition status.

ORAL HEALTH ISSUES IN OLDER ADULTS (65+ YRS):

1/3 HAVE UNTREATED DENTAL ISSUES



ORAL HEALTH ISSUES IN CHILDREN (2-4 YRS):

18% 1988 to 1994

24% 1995 to 2004

Tooth decay has increased with significantly more reported among non-Hispanic black & Mexican-American children.

THE DON'TS FOR ORAL HEALTH

- DON'T** regularly sip on sugar-sweetened or carbonated drinks.
- DON'T** overly consume sticky foods or slow-dissolving candies.
- DON'T** frequently eat desserts or other sugary foods.

THE DO'S FOR ORAL HEALTH

- DO** maintain a healthy diet of fruits and vegetables, lean protein, low-fat dairy products and whole grains that provide essential nutrients.
- DO** practice good oral hygiene (i.e. brushing your teeth with fluoridated toothpaste twice a day, drinking fluoridated water, and seeking regular oral health care).

ORAL HEALTH CARE & NUTRITION IS ABOUT EDUCATION
But the collaboration between patients, dentists and registered dietitians can prevent and alleviate a lot of common dental problems – and offer better health to boot!

eat right Academy of Nutrition and Dietetics

Position of the Academy of Nutrition and Dietetics: "Oral Health and Nutrition" (May 2013). <http://www.eatright.org/Research/Content.aspx?ID=3026>
Gallup Wellbeing: "Residents in Mass., Connecticut Lead Nation in Dental Visits" (Sept. 2013). <http://www.gallup.com/105046/Residents-Mass-Connecticut-Lead-Nation-Dental-Visits.aspx>
*Based on a 2011 Gallup study of more than 177,000 interviews Sept. 18 and over who say they visited the dentist between January and June 2011.